



Martin Luther King Jr. Swim Center

1201 Jackson Rd, Silver Spring, MD 20904 • 301-989-1206

Montgomery County Department of Recreation - Aquatics Section

2006 SUMMER POOL USE SCHEDULE (JUNE 18 - AUGUST 25) • www.montgomerycountymd.gov/rec



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>6:15 AM - 8:30 AM</div> <div>EARLY BIRD LAP SWIM</div> <div>Limited Well Use • Well Closed Tuesday & Thursday 7:30 - 8:30 AM</div>					<div>9:00 A.M. to 12:00 NOON</div> <div>LESSONS</div> <div>SWIM AND DIVE TEAMS</div> <div>SAFETY TRAINING</div> <div>(NO PUBLIC SWIM)</div> <div>(please enter thru the outdoor pool entrance)</div> <div>Lessons may be held at the indoor or outdoor pools.</div>	
<div>8:30 A.M. - 11:30 A.M.</div> <div>MID-MORNING SWIM</div> <div>Limited Laps • Team Practice • Water Exercise • MCRD Swim Lessons</div>					<div>CLOSED</div>	
<div>11:30 A.M. - 5:00 P.M.</div> <div>NOON RECREATIONAL SWIM</div> <div>Camps & Limited Lap Lanes • 1 DWR Lane Available</div> <div>Limited Use of Diving Boards/Well (see schedule on back)</div> <div>Well Closed Monday, Wednesday & Friday 1-2 P.M.</div>						
<div>5:00 - 7:00 P.M.</div> <div>Swim & Dive Team Practice • Swim Lessons</div> <div>LIMITED LAP LANES - Monday - Thursday 6:30 P.M. - 8:20 P.M. & Friday 6:30 P.M. - 9 P.M.</div>						
<div>7:00 - 8:20 P.M.</div> <div>REC. SWIM</div> <div>All Facilities Open</div> <div>Diving Boards</div>	<div>7 - 10 P.M.</div> <div>Lessons</div> <div>Water Fitness</div> <div>Safety Training</div> <div>Therapeutics</div>	<div>7:00 - 8:20 P.M.</div> <div>REC. SWIM</div> <div>All Facilities Open</div> <div>Diving Boards</div>	<div>7 - 10 P.M.</div> <div>Lessons</div> <div>Water Fitness</div> <div>Safety Training</div> <div>Therapeutics</div>	<div>7:00 - 9:00 P.M.</div> <div>REC. SWIM</div> <div>All Facilities Open</div> <div>Diving Boards</div>	<div>12 NOON - 6:00 P.M.</div> <div>FAMILY REC SWIM</div> <div>All Facilities Open</div> <div>Limited Lap Lanes</div> <div>Diving Boards Open</div>	
					<div>ADULTS ONLY</div> <div>6:00 - 7:00 P.M.</div>	
					<div>7:00 - 9:00 P.M.</div> <div>SPECIAL USE AND RENTALS</div>	

This pool use schedule may be changed to accommodate special events or holiday activities. Check posted notices in lobby. **You must show & scan your 'ACCESS CARD' each entry.** Leave your valuables at home • bring a lock to lock your locker. I.D. required each entry. MCRD is not responsible for any items left at the pool. **MLK Indoor will close at 5:00 p.m. on the 4th of July, doors will lock at 6:00 p.m.**



Martin Luther King Jr. Swim Center

1201 Jackson Rd, Silver Spring, MD 20904 • 301-989-1206

Montgomery County Department of Recreation - Aquatics Section

2006 SUMMER POOL USE SCHEDULE (JUNE 18 - AUGUST 25) • www.montgomerycountymd.gov/rec

MLK Indoor will be
closed for annual
maintenance
Aug. 26 - Sept. 8

Recreational Swim:

General swimming for all ages with the following facilities open: Main Pool, Lap Lanes, Teach Pool, Weight Room & Hydrotherapy Pool.

Recreational Swim (Main & Teach Pools)

Mon - Fri: 11:30 a.m. - 5:00 p.m.
Mon & Wed: 7:00 p.m. - 8:20 p.m.
Friday: 7:00 p.m. - 9:00 p.m.
Saturday: 12:00 noon - 6:00 p.m.
Saturday: 6:00 p.m. - 7:00 p.m. (Adults only)*
*Main Pool ONLY

Hydrotherapy Pools, Weight & Exercise Room

Adults Only: (14-18 if accompanied by an adult). At least one Hydrotherapy Pool will be open to patrons during these times. Adult Only times for 18 yrs plus.

Mon - Thurs: 6:15 a.m. - 10:00 p.m.
Friday: 6:15 a.m. - 9:00 p.m.
Saturday: 12 noon - 6:00 p.m.
Saturday: 6:00 p.m. - 7:00 p.m. (Adults only)

Diving Boards

Mon - Fri: 12 noon - 1:00 p.m. (1 & 3 meter)
Mon - Fri: 2:00 p.m. - 5:00 p.m. (1 & 3 meter)
Mon & Wed: 7:15 p.m. - 8:20 p.m. (1 & 3 meter)
Mon & Wed: 8:00 p.m. - 8:30 p.m. 5 meter *
Friday: 8:00 p.m. - 9:00 p.m. 5 meter *
Saturday: 12 noon - 6:00 p.m. (1 & 3 meter)
Saturday: 6:00 p.m. - 7:00 p.m. (Adults Only)
(1, 3 & 5 meter*)

* Adults only (minors with signed permission form)

Public Use Times

ADMISSION FEES FOR NON-PASSHOLDERS FEES MUST BE PAID EACH ENTRY

<u>Resident:</u>	<u>Mont. County</u>	<u>Non-County</u>
Children (1-17 years old)	\$4.00	\$6.50
Adults (18-59 years old)	\$6.00	\$7.50
Seniors (55 years & older with I.D.)	\$4.50	\$6.50

I.D. will be required for each entry as proof of residency and age.

The MLK Outdoor Pool will be open this summer on weekdays & weekends. The MLK Indoor Pool will be closed on Sundays - Swim Lessons will be held on Sundays- participants should enter thru the outdoor pool entrance.

You must show/scan your Access Card each entry to MCRD facilities.

All patrons in the pool area must be attired in swimming apparel and must pay the admission fees.

CHILDREN UNDER 10 YEARS OLD MUST BE ACCOMPANIED & CARED FOR BY A PAYING ADULT, IN SWIMMING ATTIRE IN THE POOL AREA, AT ALL TIMES.

**The management reserves the right to alter the pool schedule when it is deemed necessary
Lockers are available - Bring a lock to secure your belongings - Bathing suits required - NO CUTOFFS**

Lap Swim

Lap Lanes are roped off at either 25 yard or 25 meter competitive distance, or as 20 yard fitness lanes across the main pool. Some lanes are entirely in deep water. Patrons should "circle" swim from right to left and should swim in a lane with other lap swimmers of compatible speed and skills. In general, lap lanes are available at all Recreational Swim periods.

Mon - Fri: 6:15 a.m. - 8:30 a.m. (8 lanes)
Mon - Fri: 8:30 a.m. - 5:00 p.m. (limited lanes)
Mon - Thurs: 6:30 p.m. - 8:20 p.m. (limited lanes)
Friday: 7:00 p.m. - 9:00 p.m. (limited lanes)
Mon & Wed: 9:15 p.m. - 10:00 p.m. (3 lap lanes)
Saturday: 12:00 noon - 6:00 p.m. (limited lanes)
Saturday: 6:00 p.m. - 7:00 p.m.* (limited lanes)
*Adults only

Deep Water Running (DWR) & Well Lap Swimming

Mon, Wed & Fri: 6:15 a.m. - 7:00 a.m. (1/2 laps, 1/2 DWR)
Tu & Th: 6:15 a.m. - 7:30 a.m. (1 lane DWR-No Laps)
Tu & Th: 8:30 a.m. - 5:00 p.m. (1 lane DWR-No Laps)
Mon, Wed & Fri: 7:00 a.m. - 1:00 p.m. (1 lane DWR-No Laps)
Mon, Wed & Fri: 2:00 p.m. - 5:00 p.m. (1 lane DWR-No Laps)
Mon & Wed: 7:00 p.m. - 8:20 p.m. (1 lane DWR-No Laps)
Friday: 7:00 p.m. - 9:00 p.m. (1 lane DWR-No Laps)
Saturday: 12:00 noon - 6:00 p.m. (1 lane DWR-No Laps)
Saturday: 6:00 p.m. - 7:00 p.m. (1 lane DWR-Adults Only)